



Family PACT

Planning • Access • Care • Treatment

**Ua rau yus tus kheej, yus tsev neeg,
thiab yus lub neej mus lawm tom ntej...
Hu tau 1-800-942-1054**

**Cov Hau Kev Pab Rau Cov Poj Niam
Thiab Txiv Neej Uas Tsim Nyog Yuav
Tau Txais Yog Muaj Raws Li No:**

- Qhia txog kev siv tshuaj thiab muaj tshuaj tiv thaiv rau sab kev xeeb tub
- Kuaj txog thiab ntsuam xyuas lub nrog cev txoj kev xeeb tub
- Kev kho thiab tiv thaiv nyob rau hauv sab kev ua plees ua yig kom tsis txhob kis mob phem (xws li kas cees)
- Rau cov poj niam, yog muaj kev txiav los yog khi nyhuv me nyuam. Rau cov txiv neej, yog muaj kev sam
- Kev nthuav qhia thiab teev tswv yim pab txhawb
- Txhaj tshuaj tiv thaiv tus kab mob siab B (Hepatitis B)

**Kev Kuaj Thiab Ntsuam Xyuas Yog
Muaj Raws Li No:**

- Kuaj rau sab kev xeeb tub thiab teev tswv yim pab txhawb
- Kuaj rau Yam mob HIV thiab teev tswv yim pab txhawb
- Muaj me ntsis kev pab kuaj xyuas rau Yam mob khees xaws (cancer)

**Family PACT
Pab Yooj Yim, Tsis Pub Leej Twg Paub,
Thiab Pab Dawb**

**Cov Hau Kev Pab Uas Family PACT
Muaj Rau Koj Yog Muaj Raws Li No:**

- Muaj tshuaj noj tiv thaiv kom txhob xeeb tub
- Thaum ti tes ti taw, yuav muaj hau kev pab rau sab kev xeeb tub
- Muaj tshuaj cog rau ntawm daim tawv nqaij kom txhob xeeb tub
- Muaj tshuaj ntsaws rau hauv qhov chaw mos (IUC) kom txhob xeeb tub
- Kev hno tshuaj tiv thaiv kom txhob xeeb tub
- Muaj yaas roj hmab siv tso rau hauv qhov chaw mos tiv thaiv kom txhob xeeb tub
- Muaj cov pluaj yaas roj hmab siv khwb tiv thaiv nyob rau ntawm qhov chaw mos kom txhob xeeb tub
- Muaj kev tua tus txiv neej cov kab me nyuam
- Muaj cov hnab looj chaw mos rau tej poj niam thiab txiv neej
- Qhia kom ras txog cov caij nyoog qe me nyuam qoos
- Qhia txog sab kev pub niam mis rau me nyuam noj kom coj khawb ncaws txhob cuag ncua es thiaj tsis muaj me nyuam
- Rau cov poj niam, yog muaj kev txiav los yog khi nyhuv me nyuam. Rau cov txiv neej, yog muaj kev sam

**Family PACT
Yooj Yim, Tsis Pub Leej Twg Paub,
Tsis Raug Them Nyiaj**

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Family PACT yog ib lub khoos kas uas tau muaj tshwm sim los ntawm
California Department of Health Services
Office of Family Planning